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A health initiative titled "We Care"

The Deanship of Student Affairs (Psychological and Social Counseling Office) and the College of Education, Humanities, and Social Sciences at Al Ain University (Abu Dhabi campus), in collaboration with Sheikh Khalifa Medical City, organized a health initiative titled "We Care."

The initiative included various screenings such as blood pressure and diabetes tests, as well as measurements of weight and height to calculate body mass index (BMI). Additionally, medical consultations related to physical therapy and healthy nutrition were provided.

The initiative also featured an awareness lecture titled "Towards Achieving Mental Health," presented by Ms. Noha Al-Haj, a clinical psychologist. The specialist discussed cognitive-behavioral therapy (CBT), an approach in psychology based on behavioral and cognitive theories used to treat various conditions such as anxiety, depression, and post-traumatic stress

disorder (PTSD). The speaker covered the definition of this therapeutic model, the steps for its implementation and application, and provided examples of negative thoughts that individuals might have, which can be replaced with adaptive thoughts. The session included role-playing, demonstrating the application of this therapeutic model to an individual suffering from a disorder.

[Press Release Link](#)